



	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY				
ROOM >>>	WARRIOR	CHAMPION	LEGEND	WARRIOR	CHAMPION	LEGEND	WARRIOR	CHAMPION	LEGEND	WARRIOR	CHAMPION	LEGEND	WARRIOR	CHAMPION	LEGEND	WARRIOR	CHAMPION	LEGEND	WARRIOR	CHAMPION	LEGEND	<< << ROOM	
6:45																						6:45	
7:00	Boxing (I)	BJJ (Purple)	Muay Thai	Boxing (I)	BJJ (Blue)	Muay Thai	Boxing (I)	BJJ (No-Gi)	Muay Thai	Boxing (I)	BJJ (Blue)	Muay Thai	Boxing (I)	BJJ (Purple)	Muay Thai							7:00	
7:15																							7:15
7:30																							7:30
7:45																							7:45
8:00	Muay Thai	BJJ (Blue)	WarriorFit	Muay Thai	BJJ (Purple)	WarriorFit	Muay Thai	BJJ (Blue)	WarriorFit	Muay Thai	BJJ (Purple)	WarriorFit	Muay Thai	BJJ (Blue)	WarriorFit	Muay Thai	BJJ (Blue)	Muay Thai	Muay Thai	BJJ (Blue)	Muay Thai	8:00	
8:15																							8:15
8:30																							8:30
8:45																							8:45
9:00	Muay Thai	BJJ (Purple)		Muay Thai	BJJ (Blue)		Muay Thai	BJJ (Purple)		Muay Thai	BJJ (Blue)		Muay Thai	BJJ (Purple)		Muay Thai	BJJ (Blue)	Muay Thai	Muay Thai	BJJ (Purple)	Muay Thai	9:00	
9:15																							9:15
9:30																							9:30
9:45	BJJ (Blue)			BJJ (Purple)			BJJ (Blue)			BJJ (Purple)			BJJ (Blue)			Boxing (I)	BJJ (Purple)	Muay Thai	Boxing (I)	BJJ (Blue)	Muay Thai	9:45	
10:00																							10:00
10:15																							10:15
10:30																							10:30
10:45																							10:45
11:00																							11:00
11:15	Muay Thai	BJJ (Blue)	Muay Thai	Muay Thai	BJJ (Blue)	Boxing (I)	Muay Thai	BJJ (Blue)	Muay Thai	Muay Thai	BJJ (Blue)	Boxing (I)	Muay Thai	BJJ (Blue)	Muay Thai	Muay Thai	BJJ (No-Gi)	Muay Thai	Muay Thai	BJJ (No-Gi)	Muay Thai	11:15	
11:30																							11:30
11:45																							11:45
12:00																							12:00
12:15	Muay Thai	BJJ (Blue)	Boxing (I)	Muay Thai	BJJ (Purple)	Muay Thai	Muay Thai	BJJ (Blue)	Boxing (I)	Muay Thai	BJJ (Blue)	Boxing (I)	Muay Thai	BJJ (Blue)	Boxing (I)							12:15	
12:30																							12:30
12:45																							12:45
13:00																							13:00
13:15	Muay Thai	BJJ (Purple)	WarriorFit	Muay Thai	BJJ (Blue)	WarriorFit	Muay Thai	BJJ (Purple)	WarriorFit	Muay Thai	BJJ (Blue)	WarriorFit	Muay Thai	BJJ (Purple)	WarriorFit	Muay Thai	BJJ (Blue)	Muay Thai	Muay Thai	BJJ (Purple)	WarriorFit	13:15	
13:30																							13:30
13:45																							13:45
14:00																							14:00
14:15	Boxing (I)		Fighters Program	Boxing (I)		Fighters Program	Boxing (I)		Fighters Program	Boxing (I)		Fighters Program	Boxing (I)		Fighters Program	Boxing (I)	BJJ (Blue)	Muay Thai	Muay Thai	BJJ (Purple)	Boxing (II)	14:15	
14:30																							14:30
14:45																							14:45
15:00																							15:00
15:15	Muay Thai	BJJ (Blue)		Muay Thai	BJJ (No Gi)		Muay Thai	BJJ (Blue)		Muay Thai	BJJ (No Gi)		Muay Thai	BJJ (Blue)		Muay Thai	BJJ (Blue)	WarriorFit	Muay Thai	MMA	WarriorFit	15:15	
15:30																							15:30
15:45																							15:45
16:00	Muay Thai	BJJ (Purple)	WarriorFit	Muay Thai	BJJ (Blue)	Boxing (I)	Muay Thai	BJJ (No Gi)	WarriorFit	Muay Thai	BJJ (Purple)	WarriorFit	Muay Thai	BJJ (Purple)	WarriorFit	Muay Thai	BJJ (Blue)	Muay Thai	Muay Thai	MMA	WarriorFit	16:00	
16:15																							16:15
16:30																							16:30
16:45																							16:45
17:00																							17:00
17:15	Boxing (I)	BJJ (Purple)	Muay Thai	Muay Thai	BJJ (Purple)	WarriorFit	Boxing (I)	BJJ (Purple)	Muay Thai	Muay Thai	BJJ (Purple)	WarriorFit	Boxing (I)	BJJ (Purple)	Muay Thai	Muay Thai	BJJ (Blue)	WarriorFit	Muay Thai	MMA	WarriorFit	17:15	
17:30																							17:30
17:45																							17:45
18:00																							18:00
18:15																							18:15
18:30	Muay Thai	BJJ (Blue)	WarriorFit	Muay Thai	BJJ (Blue)	Muay Thai	Muay Thai	BJJ (Blue)	WarriorFit	Muay Thai	BJJ (Blue)	Muay Thai	Muay Thai	BJJ (Blue)	WarriorFit	Muay Thai	BJJ (Blue)	Muay Thai	Muay Thai	BJJ (Blue)	Muay Thai	18:30	
18:45																							18:45
19:00																							19:00
19:15	Muay Thai	BJJ (Blue)	Muay Thai	Muay Thai	BJJ (Blue)	WarriorFit	Muay Thai	BJJ (Blue)	Muay Thai	Muay Thai	BJJ (Blue)	Muay Thai	Muay Thai	BJJ (Blue)	Muay Thai	Muay Thai	BJJ (Blue)	Muay Thai	Muay Thai	BJJ (No Gi)	Muay Thai	19:15	
19:30																							19:30
19:45																							19:45
20:00																							20:00
20:15	Boxing (I)	BJJ (Purple)	Muay Thai	Muay Thai	BJJ (Purple)	Boxing (I)	Boxing (I)	BJJ (Purple)	Muay Thai	Muay Thai	BJJ (No-Gi)	Boxing (I)	Muay Thai	BJJ (No-Gi)	Muay Thai	Muay Thai	BJJ (No-Gi)	Muay Thai	Muay Thai	MMA	Boxing Sparring	20:15	
20:30																							20:30
20:45																							20:45
21:00																							21:00
21:15	Muay Thai	BJJ (Blue)	Muay Thai	Boxing (II)	BJJ (No-Gi)	Muay Thai	Muay Thai	BJJ (Blue)	Muay Thai	Muay Thai	BJJ (Blue)	Boxing (I)	Muay Thai	BJJ (Blue)	Boxing (I)							21:15	
21:30																							21:30
21:45																							21:45
22:00																							22:00

BJJ Blue Mobility (Beginner) Muay Thai Beginner / Level I
BJJ Blue Techniques (Beginner) Muay Thai Level II - V
BJJ Purple (3 stripe white belt and above) Muay Thai Level III - V
BJJ Purple/No-Gi Techniques (3 stripe white belt and higher) Boxing Beginner / Level I
Boxing Level II